

Cryptosporidiosis

Bureau of Epidemiology and Disease Control Services
Office of Infectious Disease

WHAT ARE THE SYMPTOMS?

Diarrhea

Fever

Vomiting

Stomach
Cramps/Pain

Nausea

Weight loss

WHAT IS CRYPTOSPORIDIOSIS?

Cryptosporidiosis is a diarrheal illness caused by a chlorine-tolerant parasite, often called Crypto.

HOW DO I AVOID GETTING IT?

If traveling to an area with poor water treatment, drink bottled or boiled water, and avoid drinks with ice cubes.

Wash hands after using the bathroom or changing diapers, and before preparing food.

Shower with soap before swimming, and avoid swimming for two weeks after having diarrhea.

HOW IS IT SPREAD?

Crypto is spread through the fecal-oral route. A person must swallow contaminated food or water to get sick.

WHO IS AT RISK?

Travelers from areas with poor water treatment and food sanitation

People exposed to fecal matter during sexual activity

Swimmers who swallow contaminated water

Diaper-wearing children

Close contacts of someone with Crypto

People who have contact with cattle and other livestock

Contact



AZ Department of Health Services
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